

Community Garden News

City of Loma Linda

March 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

As the vegetables grow, and the seasons change, so does the community garden...watch for:

- Shade Awning
- Electricity
- New Gardeners
- Kids Gardening Tools available in the Garden Shed

Looking Forward to Spring events...

- The next Garden Workshop will be presented by Joy Peterson on March 12th
- Cooking demonstrations by LLU students
- Nutrition workshops at the Senior Center

Garden open dawn 'til dusk



The Nutritious Garden ...



Joy Peterson shows the important aspects of the food label

On February 12th, 2003 Joy Peterson, MPH, RD, gave an informative presentation on "Vegetable Gardening and Nutrition." In her discussion, Joy said that the nutritional quality found in homegrown fruits and vegetables is far superior to frozen or canned products, and the fringe benefits you will receive from growing your own produce cannot compare to the high cost of some of the products available at the supermarket. Joy also talked about the benefits of the "phyto-chemicals" obtained from consuming fruits and vegetables, and how these substances have a protective effect against certain types of cancer and other diseases. After the workshop, gardeners had a chance to ask questions, talk with one another and enjoy some of the *delicious* broccoli soup Joy prepared. Be sure to attend the next workshop on March 12th to learn about "Gourmet Cooking with Vegetables."

Tips for Increasing Dietary Fiber*

*From Workshop handout ~Joy Peterson

- Eat at least three servings of fresh fruit daily
- Eat at least two servings of cooked vegetables daily
- Eat one raw salad daily
- Eat at least one serving of cooked or dry whole grain cereal each day
- Include 1/2 cup dried legumes in your diet daily, or at least three times a week
- If you are not overweight, you may include small portions of nuts in your diet to increase fiber
- Add three tablespoons unprocessed bran to your diet daily. Unprocessed bran may be purchased by the pound at most supermarkets. Try mixing bran with your cereal, soup, salads, applesauce, or mix in tomato juice and take it all at once. Bran may also be added to homemade bread, rolls and muffins.
- Avoid large amounts of frequent use of refined sweets, such as cakes, pies, cookies, candies, etc. Also avoid foods high in fats, such as fried foods, those containing large amounts of butter, margarine, lard, oil, etc.



Fruit is a GREAT source of fiber

YOU MUST INCREASE YOUR FLUID INTAKE WITH FIBER!

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EDITOR-IN-CHIEF: Joanne Heilman

MANAGING EDITOR, LAYOUT AND
DESIGN: Paige Parker

Ideas and submissions
are welcome. Contact
Paige Parker at:
pparker@ci.loma-linda.ca.us
Or Joanne Heilman at:
jheilman@ci.loma-linda.ca.us
(909) 799-2810



Nutrient In Focus



Vitamin E, according to the National Institutes of Health, is a fat-soluble vitamin and powerful biological antioxidant that protects your cells against free radicals which are potentially damaging by-products of metabolism. The Recommended Dietary Allowance (RDA) for vitamin E is 15 milligrams for people age 19 and older. There are several forms of vitamin E and the alpha-tocopherol form is most usable by the human body. This form of vitamin E is found in natural foods such as vegetable oils, nuts, green leafy vegetables, and fortified cereals (in the US). Focus on consuming good food sources of vitamin E this month.

The Meaning of Flowers

Allisum ~ Worth Beyond Beauty
Azalea ~ Take Care of Yourself
Bluebell ~ Humility
Chrysanthemum ~ A wonderful Friend
Calla Lily ~ Beauty
Fuchsia ~ Amiability
Gardenia ~ You're Lovely
Gerbera Daisies ~ Happiness

Nasturtium ~ Conquest
Orchid ~ Love, Beauty, Refinement
Pansy ~ Thoughtful Recollection
Tulip (red) ~ Declaration of Love
Tulip (yellow) ~ There is Sunshine in Your Smile



Gardening Tips

Soaking seeds or planting them in wet soil may do more harm than good. If the seed takes up water too quickly the outer covering can crack allowing nutrients to leak out and disease organisms to enter.

Outdoors sow or transplant beets, carrots, celery, chard, herbs, Jerusalem artichokes, kale, kohlrabi, leeks, lettuce, green onions, bulb onions, parsley, peas, peanuts, potatoes, radishes, shallots, spinach, strawberries, and turnips. Transplant broccoli, Brussels sprouts, cabbage, cauliflower and kohlrabi.

Herbs to start from seed include anise, basil, chervil, chives, cilantro, dill, fennel, lavender, marjoram, oregano, parsley, and savory.

When harvesting broccoli, cut the head at an angle with a sharp knife. Snapping or cutting flat will allow water to collect and decay to begin.



He who shares the joy in what he's grown,
Spreads joy abroad and doubles his own.

- Author unknown

Recipe Corner

Cream of Broccoli Soup*

5 1/2 cups water	
3 medium size potatoes, diced	
2 cups of fresh cut broccoli florets	
1/4 teaspoon salt	1 tablespoon garlic powder
1 chopped onion	2 teaspoons basil
2 stalks celery, chopped	2 tablespoons Chicken style seasoning
2 bay leaves	2 cups soy milk
2 tablespoons dry parsley flakes	*Corn starch mixture



Combine all ingredients and boil for 45 minutes. *Add corn starch mixture of 3 tablespoons of corn starch and 1/2 cup of cold water to boiling soup to thicken soup to the desired consistency. Allow to simmer an additional three to four minutes.

80 calories per 1 cup serving

*Recipe provided by Joy Peterson, MPH, RD